

WALK AEROBICS




The Community Center for Vital Aging
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Why walking wins The Best Exercise

- ◆ *Walking makes for a long Life (Hindu Proverb)*
- ◆ *Studies have shown **walking to be the best exercise that people of all ages can do.***




WHAT IS AEROBIC WALKING

- ◆ Aerobic walking is an exercise that gives you a good cardiovascular workout to condition your heart.
 - ◆ Walk aerobics uses the large muscles of in your legs and arms rhythmically. As you walk briskly, these muscles need oxygen, so you need to pump faster to deliver it. Your heart becomes stronger: so it pumps more blood with each beat.
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Benefits of Walk Aerobics

1. It makes you slim
2. The best hip and thigh conditioner
3. The best way to beat stress
4. It's a positive addiction

Excuses, Excuses

- ◆ *Exercise! That sounds like hard work for me*
 - ◆ *Exercise! I haven't got the time. I am too busy.*
 - ◆ *Exercise! I need relaxation, not exercise*
 - ◆ *Exercise! I'd be too embarrassed.*
 - ◆ *Exercise! I am too old for it.*
 - ◆ *Exercise! I am too fat. I'd rather diet.*
 - ◆ *Exercise! That sounds boring*
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Walk Plan


*Your personal Conditioning
Program*

*The Journey of a thousand miles
begin with just one step.*

Lao Tse

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Seven Steps to Motivate you and get started

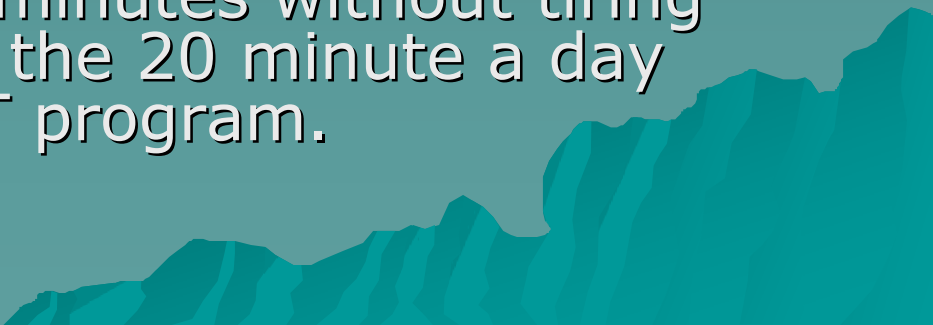
- ◆ 1. Choose Your Walking Shoes
 - ◆ 2. Start Slowly.
 - ◆ 3. Watch Your Weight
 - ◆ 4. Walk with Others
 - ◆ 5. Start a Walking diary
 - ◆ 6. Keep It Up
 - ◆ 7. Accept Sore Muscles
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The Conditioning Plan

- ◆ **DAYS 1-7**


- ◆ your plan is to walk on alternate days for a minimum of 10 minutes and a maximum of 15 minutes.

- ◆ **DAYS 9-15**


- ◆ Walking on alternate days, continue at a moderate pace, but increase the time so that you are now walking for between 15 and 20 minutes, gradually building up your time as the week goes by.
 - ◆ By the end of this week, you should be able to walk comfortably for 20 minutes without tiring and be ready to start on the 20 minute a day required by the WALKFIT program.
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WALKFIT


YOUR 4week Aerobic Walking Program

- ◆ For the first 3 weeks, the WALKFIT program alternates aerobic walking with moderate walking for 4 days a week,
 - ◆ Then a day off
 - ◆ Followed by 2 days of brisk walking at the end of each week.
 - ◆ Your walking time will increase each week, so that by the end of the fourth week you will be walking aerobically for 45 minutes each time you walk.
 - ◆ To walk aerobically, you will need to calculate your target or training heart rate.
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DAYS 8-14

- This week you are gradually going to increase your time from 20 to 30 minutes each day.
 - As you walk each day, alternate moderate with brisk walking, gently stretch yourself to go a little further without tiring.
 - At the end of the week you should be able to walk comfortably for 30 minutes at a brisk level.
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DAYS 15 - 21

- ◆ This week you should gradually increase your walking time **from 30 to 45 minutes.**
 - ◆ Again make sure that you increase the time you walk before increasing your pace.
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DAYS 22-28

- ◆ Your fourth week begins with a moderate walk of 45 minutes without tiring.
- ◆ Then it is aerobic walking all the way to the end of your WALKFIT program.

